



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOVING FOR BETTER BALANCE

Moving for Better Balance is a fall-prevention program that helps older adults improve their balance, coordination, and functional abilities. The class curriculum has been acknowledged as an evidence-based, successful program by the Center for Disease Control and the National Center for Injury Prevention and Control. The program is based on the principles and movements of Yang-style Tai Chi and is taught by certified instructors. In addition, Moving for Better Balance has also been found to support and be beneficial for other populations such as cancer survivors, Parkinson patients, stroke patients and joint replacements.

## MAY SESSION



### Class Time Options:

- Mondays & Wednesdays, 2:00–3:00pm (starts May 5<sup>th</sup>)
- Tuesdays & Thursdays, 8:00–9:00am (starts May 6<sup>th</sup>)

### Location: Pilates Room\*

### Suggested 12 week program (twice weekly):

- Members \$85.00 Non-Members \$150.00

### On a monthly basis (twice weekly):

- Members \$30.00 Non-Members \$55.00

**REGISTRATION IS REQUIRED!**

To register stop by the front desk or call Mary Biddle-Newberry at 208 344 5502 ext 276.

*Financial Assistance Available!*

\*Location is @ the West YMCA, 5959 N. Discovery Place, Boise, ID 83713